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nutrients and consumption calories by analyzing the calories and respective nutrients already taken in and consumed by the user by a predetermined time point in a day when the user inputs desired food or activity contents.

5. (Amended) In a health management device including an input part for inputting basic data, a control part for suggesting a prescription on the basis of the basic data, a memory part for storing the basic data and software required for the process to be performed by the control part, and an output part for outputting a result of the process performed by the control part, a health management method comprising the steps of:

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storing the basic data input in the input part by a user;
providing functions of the health management device selected by the user;

computing total calories taken in a day;

performing a function for computing total calories consumed by activities in a day on the basis of the basic data;

performing a function for outputting a current body weight status on the basis of the basic data;

performing a function for assessing a current body weight level with relation to a desired body weight or an ideal body weight respectively set by the user and assessing how much the

current body weight reaches the desired body weight or the ideal body weight;

estimating a body weight of the user after a predetermined time period on the basis of the caloric intake per day and the caloric consumption per day from a predetermined time point in the past to the present; and

estimating a controllable body weight from the present to a desired period or a period to reach a desired body weight according to whether the user selects and inputs a desired period or a desired body weight.

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6. (Amended) The health management method of claim 5, wherein the step for analyzing total calories consumed in a day comprises the sub-steps of:

computing total calories consumed in a day on the basis of input activity contents, activity hours, and the current body weight by the control part; and

outputting the computed total calories consumed in a day, remaining encouraged caloric consumption per day and a predictive total caloric consumption in a day by the control part.

7. (Amended) The health management method of claim 5, wherein the step of outputting a current body weight status on

the basis of the basic data comprises the sub-steps of:

computing a body mass index and a waist / hip circumference ratio of the user by analyzing the basic data for outputting whether the current body weight of the user is normal or not;

assessing a lower body weight, a normal body weight, an overweight and obesity with the current body data, the body mass index, and the waist / hip circumference ratio; and suggesting a prescription.

Q2 8. (Amended) The health management method of claim 5, wherein the step of suggesting a prescription for the desired assessment comprises the sub-steps of;

outputting a prescription for a speed of body weight control, total caloric intake per day, encouragement or limitation of food intake, and encouraged activity names via the control part;

determining whether a current status of the user is underweight, normal body weight, overweight, or obesity by the control part and suggesting a way for controlling the body weight according to the determination by the control part.

9. (Amended) A health management method of claim 5, wherein a future body weight simulation step comprises the sub-steps of:

selecting either designation of a desired value or not for

estimating a change of body weight;

selecting either an estimation period or an estimation body weight;

determining whether to set a basis for estimating future body data with an estimation period or an estimation body weight;

outputting a body weight estimation value after a predetermined period on the basis of either changes of caloric intake and consumption per day or a change of the body weight from a predetermined time point in the past to the present if the user inputs an estimation period for performing a first simulation step;

outputting a period to reach an estimation body weight on the basis of either changes of caloric intake and consumption per day or a change of the body weight from a predetermined time point in the past to the present if the user inputs an estimation body weight for performing a second simulation step;

selecting either a desired period or a desired body weight;

determining whether to set a basis for estimating a future body data with an estimation period or an estimation body weight;

outputting a controllable body weight from the present in a desired period if the user inputs a desired period for performing a third simulation; and

Q2 outputting a period to reach an estimation body weight in the present state, if the user inputs a desired body weight for performing a fourth simulation step.

Q3 13. (Amended) In the health management device including an input part, a control part, a memory part, an output part, a data conversion device and a data transmitting and receiving device for transmitting basic data and desired body data of a user and outputting a prescription of a doctor who reviews the data, a health management method of claim 12, comprising the steps of:

connecting the database server to the health management device via a network;

storing analysis data of the basic data and the desired body data transmitted from the health management device; and

storing analysis and assessment of the basic data and the desired body data in the database server for transmitting prescription data of a doctor who inspects the stored data to the health management device, when suggesting the prescription or updating the memory content of the health management device.

14. (Amended) In a health management device including an input part for inputting basic data, a control part for analyzing the basic data and assessing the desired body data, a

memory part for storing the basic data and software and data required for the process to be performed by the control part, an output part for outputting a result of the process performed by the control part, and a data conversion device and a wireless transmitting and receiving device, a health management system comprising:

Q3 a base station for connecting to the health management device by using multi-connection communications techniques and protocol to wirelessly connect the health management device to a database server;

a base station control part for managing communications frequencies between the health management device and the base station for monitoring and controlling the base station;

the database server for storing information on [the] installation, management, repair, and connection attestation in the wireless communications connection with the health management device, and transmitting prescription data of a doctor according to the user's basic data to the health management device by being connected to the health management device via the base station; and

a network switch for connecting the base station control part to the database server.

16. (Amended) In a health management device including an input part, a control part, a memory part, an output part, a data conversion device and a data transmitting and receiving device, and having functions to analyze basic data and assess desired body data on the basis of the basic data and desired body data of a user for directly suggesting a prescription, to update the memory content according to the content of transmission of a database server, to transmit the analysis data, assessment data and the prescription performed by the health management device to the database server according to the requirements of the user, and to output a prescription of a doctor transmitted via the database server, a health management method comprising the steps of:

connecting the database server to the health management device via a network;

storing analysis data of the basic data, assessment data of the desired body data, and prescription data of the health management device transmitted from the health management device;
[and]

inspecting the analysis data of the basic data, the assessment data of the desired body data, and the prescription data of the health management device in the database server for transmitting prescription data of a doctor or the memory content of the health management device to the health management device;